

Post sessions recap
& commitment statement



Post session recap & commitment statement

To be completed in detail and e-mailed to the coach within 30 minutes after the end of the session. The Coach will keep a copy and you will keep a copy. This will go in your portfolio, you will use it as your foundation for the portfolio reviews and you will also need it to help you prepare for your final portfolio presentation.

Area of Focus for the call:

Related to the SMART goal of:

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My take away (s) from the session: (what discovered, what I learned, figured out, understand now etc)

[Empty text box for takeaways]

Based on the session, my commitment is to:

[Empty text box for commitment]

And will be completed by: (input date)

Feedback to the coach about the session: (Share what what you like and/or don't like about the coaching. Your coach will adapt to what suits you best.)

[Empty text box for feedback]